Kennebunk Healthy Times

A Quarterly E-Newsletter

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SPRING INTO FITNESS

Healthy Kennebunk's next walking program, Spring Into Fitness, starts March 21 and ends May 29, 2016. There is still time to register as a team or as an individual.

New chances to win for organizations signing up as a team and a limited number of t-shirts will be given to those who sign up early! Seven teams have registered so far; Team KSB-LV representing Kennebunk Savings Bank in Lower Village, Team The Bricksters representing the Brick Store Museum, Team Castaways At Compass Pointe representing Castaways At Compass Pointe, Team Mainely Murders representing Mainely Murders, Team The Nightingales Of KPORT Public Health representing Kennebunkport Public Health along, Team #Go Kennebunks representing Kennebunk-Kennebunkport-Arundel Chamber of Commerce, Team Library Ladies representing the Louis T Graves Memorial Library. Many individual registrations have been received as well!

The team that has taken the most steps at the end of the program will enjoy a presentation by guest speaker, Aline Potvin, a Naturopathic Doctor, who has a lot of experience in Health, Nutrition and overall wellness. Healthy Kennebunk will sponsor this presentation for FREE for the winning team!

Since the walking programs have started, Walk To Win, Move To Win, Step Into Spring, Summer Sizzle, and Fall Into Fitness, participants took a total of 71,976,503 steps!

Do you have any ideas or suggestions on how we can enhance these programs? If so, we are all ears!

Do you know of any local, healthy events/ activities that we should share with other participants? If so, email us!

Gut Health:
"Why it's the most important thing I teach my patients".

By Dr. Aline Potvin, ND

I think the most important job I have as a doctor is distilling complex health information and teaching patients in a way that is empowering and allows them to take ownership of their health. Managing Gut Health happens to be one of the most, if not the most important physical care measure to keeping chronic disease away. These are some key reasons why:

1) Most people have some kind of gut issue: While reductionism has brought about amazing innovations in medicine, it has completely eliminated our ability to find greater patterns in disease. Root cause is largely overlooked. What we would see, if we widened our lens, is that digestive tract issues are related to a number of other conditions: autoimmune diseases, hormone imbalance, anxiety/depression, heart disease, etc. Unfortunately, our foods aren't supportive of gut health, so I see damage starting early on in pediatric patients.

2) It impacts EVERY other system: The old adage, "you are what you eat," is undeniably true. But what good is the food you eat, when your digestive tract is not prepared to process fundamental nutrients? Even those that don't have obvious digestive symptoms like heartburn, constipation, or bloating benefit from gut healing protocols for hormone balance, weight management, reduction of pain and stiffness, etc. So you see, the symptoms of gut inflammation may not be in the gut at all! When we work on healing the gut over the long term, I find patients actually end up resolving a lot of their other health concerns/symptoms.

3) It's the foundation for everything a natural/functional medical doctor will do with you as a patient: Oftentimes, just healing the gut by cleaning up the diet and implementing a temporary supplement protocol clears up most of a person's health issues. It's something I would actually recommend patients start working on even before they come in for more focused medical care. It can save time, and money.

4) The gut impacts our emotions/intuition: I see our core as our true north. It never lies to us. We actually have a "second nervous system" lining our gut, so if it's chronically inflamed and irritated, we can be predisposed to mood swings and indecisiveness. This is huge in mind-body medicine, and how we navigate life.

5) I know from personal experience. It's what brought me to Naturopathic Medicine: Those that know me really well know that when I was a child, I was really sick all the time. A lot of damage was done to my digestive tract before my family and healthcare team figured out why, and since then it's been a long road to healing up. Still, to this day, when I don't watch my stress levels and what I eat, I can see the impact my digestive health has on the rest of my body. I know what it's like to feel incredibly sick and scared, but I also know what it's like to feel really amazing, and what can help you get there. I want everyone to know that is possible. Healing the gut is a fundamental part of that journey. Contact me to set up an appointment.

Daryl Conant's
Fitness Nut House™
Where We Are Crazy 'bout Exercise...

Weight Training Over 50

By Daryl Conant

Weight training has been around for many years. I believe that if you want to see the fastest and best result you must incorporate resistance training into your program. Everyone can benefit from weight training. There are many methods of resistance that can be performed to increase the anaerobic properties of the muscle but nothing beats good ole fashioned dumbbell training. Dumbbells are helpful for providing added

resistance that you can't get from just body weight exercises. Dumbbells provide greater stimulation. The greater the stimulation to the muscle the bigger the anaerobic enzymes become. Anaerobic enzymes are the sugar enzymes of the muscle cell. The more efficient these enzymes become, the more sugar you can store in muscle and less in fat.

As we age the muscles atrophy (shrink), hormones deplete, lung capacity becomes more shallow, oxygen saturation decreases, bone becomes more brittle, joints become more dehydrated. In order to combat this effects of aging it is important to exercise regularly and correctly. In order to maximize your efforts, you don't have to work out for hours. In fact, 10-20 minutes a day is all you need.

Here are my recommendations:
If you belong to a gym and have never performed resistance exercises. I suggest that you use machines that isolate the muscles. Fixed isolated exercise machines are safe for the beginner. They also provide varying resistance to allow you to ease into the movement without over doing it. Also another benefit from starting out using machines is that the body can begin to establish the neuromuscular circuitry. The synapse from the brain to the muscle needs to be developed in order to gain greater recruitment of the muscle fibers. This is how strength is developed. Beginners are de-conditioned and aren't ready for the more challenging exercises. Machines provide a safe environment and resistance to develop the higher levels of motor synapse. Here are three exercises are essential for a beginning machine program.

1. Seated or lying chest press
2. Seated Back Row
3. Lying Leg Press

These three exercises are all you need to begin with. You start with one set at 85% maximum weight. Then eventually you work up to 3 sets. Perform this work out three times per week. Follow up the weight training with a brisk walk for 12-15 minutes. That is it for beginners.

Now for the moderate level. Once you feel that you have established some fundamental strength and neural control you should move into a more challenging program. It would be good to wean off the machines and incorporate free weight exercises (barbells, dumbbells). Dumbbells are a great tool for instantly increasing resistance. There are many great exercises with the use of dumbbells that you can perform. That is the great thing about weight training, you can constantly change up the program to stimulate new growth patterns. Using dumbbells and barbells instead of machines forces the higher brain center to work harder to maintain control. This will increase the caloric output. Also, it begins to stimulate the proprioceptors of the tendons and muscles to help with balance. Here is a moderate level program.
1. Lying Dumbbell Chest Press
2. One Arm Dumbbell Row
3. Seated Lateral Raise
4. Seated Bicep Curl
5. Triceps Dumbbell Kickback
6. Dumbbell Squat

Perform 3 sets of 12 Reps. Followed by a brisk walk for 12-15 minutes. That is it. This

program will take 30 minutes to complete. That is all you need. When the exercise becomes too easy you simply add more weight or slow down the speed of the movement. You want to make sure that you have a struggle by the end of the rep cycle. If you don't struggle, then it is not stimulating enough.

Now for the Advanced level. This program is designed for those participants who have had at least 3 months of weight training experience. In order to train at a high level you have to make sure that your connective tissue, nerves, cardiovascular system and muscles are well conditioned. Performing Advanced level exercises can result in injury with de-conditioned folks. The idea of the high level is to incorporate body weight exercises and balance exercises. This program requires higher brain activity and focus. Here is the program.

1. Body Weight Push-Ups (kneeling or standard on toes)
2. Modified Pull-Ups
3. Medicine Ball Single Arm Press with Squat
4. Medicine Ball Slams
5. Lateral Walk with Dumbbell Chest Press
6. Dumbbell Step Ups
7. Dumbbell Ball Squats
8. Barbell Deadlifts
9. Barbell Clean and Press
10. Standing on one leg balance exercise.

There you have it! The advanced exercise program. It is a great way to challenge the entire neuromuscular system. You perform each exercise for 1-3 sets and 12 -15 reps. This Advanced program should last about 3 weeks. After that you will have to change it up to create new stimulation. Like any exercise program you have to change it up frequently.

For people over fifty it doesn't mean that you can't weight train, it simply means that you must train correctly. You have to train within your own limits. Not everyone is going to respond to exercise the same. You must evaluate your level of fitness and follow the right program that suits your needs. There are literally thousands of different programs out there to choose from. You must know your limitations in order to choose the most appropriate program for you. If you are interested in learning more about weight training and how to train after the age of 50 and you are in the Kennebunk area drop by The Fitness Nut House and ask for me. I would be glad to show you more stuff.

Relay For Life- "*Why I Run*"
by Lisa Emmons

What is Relay for Life?

Relay for Life is an organized event which runs all day and into the evening. Locally the event will be held on Saturday, June 25th, 2016 from 2pm to 10 pm at the Wells High School Track. Participating teams camp out around a track, making a comfortable area to rest and relax; most teams have easy up

tents, camp chairs and coolers under their tent. Team members take turns walking around the running track. Because this is a team event, individual participants are not required to be there for the entire time. It is so much fun though that most participants find it hard to leave!

The Wells event is a Carnival theme. Food, games and activities provide entertainment and build camaraderie. This is a family –friendly event for the entire community.
Relay for Life supports the fight against all cancers. At the event you should expect many moments which will create unique and moving experiences. It could be the Survivors lap, The Fight Back Ceremony or it may be the Luminaria Ceremony.

Why I Relay?
In years past I was part of the Making Strides for Breast Cancer event in Kittery. Making Strides still holds events but sadly the American Cancer Society has cancelled the event in Kittery. So this past year I have become a committee member, for the first time, of Relay for Life - York County.

Cancer, specifically finding a cure for cancer, is something I feel passionate about. There are so many people in Maine that need our help. The money we raise not only supports our cancer patients and caregivers, but goes towards finding and funding a cure for cancer. While the cure for cancer may not be found in our community, it will definitely be funded, in part, by our community!

Last year was the first Relay event that I have attended. I enjoyed the entire event, whether it was the celebrations, the moments of silence when we remember people we lost to the disease, or to honor those who have fought or are currently fighting cancer. My first Relay was inspiring, chatting with my fellow walkers, listening to their stories and why they are at the event…I can only say you just have to experience it! Relay is my little way to fight back, to take action against a disease that has taken too much!
So why do I Relay? Birthdays, I just love to celebrate birthdays, celebrating that special someone on their day! I enjoy raising funds in walks like Relay because it brings me such joy to think that someday we will have a world with less cancer and more birthdays!

To learn more about Relay for Life and to find an event near you visit their website

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Walk to create a world free of MS.

Ending multiple sclerosis for good will take all of us. It's why Walk MS matters so much. And it's why you matter so much. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we become a powerful force. And with every step we take, every dollar we raise…we're that much closer. Together, we will end MS forever. For more information, visit their website

It's Cold Outside, Stay Safe and Healthy While Inside

It's officially winter in Maine, which means short days and long cold nights. It's the time of year when we batten down the hatches and think about spring. It's also a good time to think about the health of the environment at home. Whether your employees rent or own, while they are tucked-in and warm, they may be unknowingly exposing themselves to harmful pollutants that are commonly found in homes. They may include dangerous gases like radon and carbon monoxide, harsh chemicals like bleach and paints and lung irritants like mold and ozone.

There are a large number of organizations dedicated to healthy homes in Maine. These organizations help people access healthy housing, educate homeowners and renters of the dangers where they live and ensure that homebuilders construct properties that are safe, clean, dry, pest-free and energy-efficient. No one should have to use a sick day for something that could have been avoided by taking a few easy steps at home.

As employers, encourage your employees to spend some time thinking about their home environment. A healthy employee is a productive employee.

Resources

- **Maine CDC Division of Environmental Health** – offers a range of information on anything from asthma to bed-bugs to well water safety.
- **Maine CDC Asthma Prevention and Control Program** – offers tips for persons with asthma on how to avoid common household asthma triggers.
- **Breathe Easy Coalition** – offers information on smoke-free housing and other resources on being tobacco-free.
- **Environmental Protection Agency** – identifies and talks about contaminants that may be found in the home environment.
- **U.S. Centers for Disease Control and Prevention** – focused on the health of the home.

March is National Colorectal Cancer (CRC) Awareness Month

CRC is the third most commonly diagnosed cancer and the third leading cause of cancer-related death in Maine. It is also one of the few cancers that can be prevented or detected early with regular recommended screening. Screening tests can find precancerous polyps (abnormal growths) in the colon or rectum and remove them before they turn into cancer. When CRC is found early and treated, the five year average survival rate is about 90 percent (American Cancer Society, Cancer Facts and Figures).

Worksite education increases use of screening services

As an employer, you have the power to help your employees and their families reduce their risk of CRC. Incidence rates for CRC have been decreasing in the U.S. over the past two decades largely due to increases in the use of CRC screening.

Ways employers can help

- Educate employees about screening guidelines and the need to be screened
- Host onsite events to promote screening
- Provide sick leave or flextime for employees who need screening or follow-up visits
- Provide coverage for preventative services, including CRC screening tests
- Reduce out-of-pocket costs for CRC screening
- Require health plans to send reminders to both employee members and providers about CRC screening
- Add reminders about CRC screening to regular messages to employees (e.g. on paycheck stubs or birthday cards)
- Develop a smoke-free policy, enforce the policy and provide support for employees who want to quit. These steps may help reduce the risk of developing CRC and other cancers

Who should be screened and how?

All adults should be screened for CRC beginning at age 50. There are different screening options and employees should discuss which one is best for them with their health care provider, screening include:

- Colonoscopy every 10 years, involves the insertion of a thin flexible tube into the rectum to look for polyps or cancer
- Fecal immunochemical tests (FIT) or fecal occult blood test (FOBT) once a year – both allow for the collection of specimens at home for testing by a medical provider
- Sigmoidoscopy (inspection of the lower colon for polyps and cancer) should be done every five years with FOBT every three years

Resources for promoting colorectal cancer screening:

Maine Center for Disease Control and Prevention – **Screenmaine.org**

U.S. Centers for Disease Control and Prevention – **Screen for Life**

National Colorectal Cancer Roundtable – **Employers Working Together to Save Lives**

February Health Observances

- American Heart Month
- National Wear Red Day (5)
- National Donor Day (14)

March Health Observances

- National Colorectal Cancer Awareness Month
- National Nutrition Month
- National Sleep Awareness Week (6-13)

Do you want to highlight your worksite in a future newsletter or have questions that you want Maine CDC staff to answer? Please send your worksite success story or questions to Meredith Backus at meredith.backus@maine.gov

Healthcare: Then and Now
By Brick Store Museum Staff

What kinds of ailments and treatments have our bodies experienced over time? How has healthcare improved and how has it declined? What advances have benefited public health? What changes have led to a decrease in our wellbeing? How has healthcare changed in Kennebunk since the 1800s?

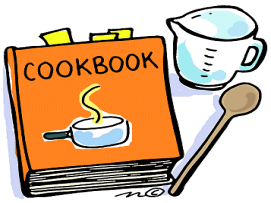
These are some of the questions the staff at The Brick Store Museum posed as it researched the upcoming exhibit on medicine, care, and health. Some of the answers are obvious due to the discovery of amazing inventions such as the x-ray machine, anesthesia, and medicines that can heal disease that two centuries ago would have led to an untimely death. Some of these questions lead us down paths that are still controversial, such as the use of vaccines and the effectiveness of homeopathic medicine.

Up until the late 19th and early 20th centuries, almost all health care in the United States took place at home, with domestic medical manuals found in nearly every literate household. As recent as the mid -20th century, Kennebunk had an effective version of what might be called socialized medicine in the form of the Kennebunk Health Association. Today, the debate is often heated over what form healthcare should take in

this country. This exhibit will take a look at what has worked and what clearly has not in the past 200 years. One thing we can all agree on is perhaps best spoken by Thomas Edison when he said, "*The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.*"

Presented by York Hospital and co-sponsored by Southern Maine Health Care, this exhibit will open on April 22, 2016, and run through November. Interactives in the exhibition will have you pondering your family's experiences with disease and survival. Join us here at the Museum to share your story! Visit Brick Store Museum learn much more.

Pecan-Crusted Chicken: Biggest Loser Cookbook. Courtesy of Bethanie Cardner



Ingredients:
1 large egg white
2 tablespoons minced toasted pecans
1 teaspoon chopped fresh parsley leaves
¼ teaspoon salt
2 small (1/4-pound) boneless, skinless chicken breasts, trimmed of visible fat
Low-sugar, low fat honey mustard dressing or Dijon mustard to taste (optional)
Instructions:

- Preheat the oven to 350˚F. Lightly mist a small nonstick baking sheet with olive oil spray.
- In a small, shallow bowl, beat the egg white with a fork.
- In a small bowl, combine the pecans, parsley and salt. Spread half of the mixture on a sheet of waxed paper. Dip 1 chicken breast into the egg white to coat. Place the smooth side of the breast on the nut mixture. Press to adhere. Place the breast, nut side up on the prepared baking sheet. Repeat with the second breast and place on the baking sheet, not touching the other breast.
- Bake for 20 minutes or until no longer pink. Let stand 5 minutes. Serve with honey mustard dressing or Dijon mustard for dipping if desired.

Makes 2 servings
Per serving: 183 calories, 28g protein, 1 g carbohydrates, 7 g fat (less than 1 g saturated), 66 mg cholesterol, less than 1 fiber, 379 mg sodium

To toast the pecans, spread them in a single layer on a small nonstick baking sheet. Place on the top rack in a preheated 350˚F oven. Bake, watching closely, for 2 to 4 minutes, or until lightly browned. Remove and let stand to cool.

WATERHOUSE CENTER:
A HEALTHY DESTINATION FOR ALL!

Creating Healthy Opportunities for Youth and their Families

Have you attended events and activities at the Waterhouse Center? If not, it's time you do. There are many fun, healthy and educational programs for families, all-ages, all year long! From ice-skating to roller skating, from demonstrations by world-renown professional skateboarders to live presentations by the Portland Symphony Orchestra! The Waterhouse Center is an incredible venue right in Downtown Kennebunk. Stay informed at: www.kennebunkmaine.us/wcfun or subscribe to the Waterhouse and Events calendars to be notified via text or email of upcoming events.

In memory of Geraldine Waterhouse
Read about her legacy

Photo from Portland Press Herald